



## **Annual Activity report 2017**

### **ILC-Netherlands**

#### **Organisation**

##### *Mission*

International Longevity Center the Netherlands (ILC-NL) is an independent movement of people who aim to put aging high on the social and political agenda. The goal is to activate people in active and healthy aging by organizing debates, media attention, and sharing experiences and expertise, both nationally and internationally. ILC-NL is committed to the independent state of being of the elderly, requiring tailored conditions, skills and a good living environment. The vitality of the elderly should be promoted while vulnerability and dependency are postponed as long as possible. It is important to remain active as an employee, volunteer or entrepreneur without being discriminated upon age.

##### *Partnerships*

###### Leyden Academy on Vitality and Ageing

Leyden Academy is a pioneer organization whose mission is to increase knowledge about ageing and vitality, and making it accessible to policymakers, healthcare providers and the general public in order to improve the quality of life of older people.

###### Vereniging Aegon

This association has taken on the initiative to select and teach medical students and healthcare professionals towards improving and contributing to the well-being and vitality of the elderly.

###### Jo Visser foundation

This foundation is committed to dignified care for vulnerable older people who are permanently dependent upon care. Values such as solidarity, acknowledgment, and community building play a leading role.

##### ILC Global Alliance

ILC-NL is a member of the Global Alliance, an international federation of centers for active and healthy aging. The priorities of the centers are:

- To identify productive aging as an important topic, not just paid employment, but also continuing talent development and contributions of older people.
- To promote educational, research and policy initiatives, advancing an active, healthy life throughout the life course.

The ILC Global Alliance consists of centers in Argentina, Australia, Brazil, Canada, China, Czech Republic, Dominican Republic, France, India, Israel, Japan, Netherlands, Singapore, South Africa, United Kingdom and United States. These centers work both autonomously and collaboratively to study how greater life expectancy and increased proportions of older people impact on nations around the world.

Subsequently, ILC-NL yearly welcomes Japanese researchers and policy makers of Kasei University, Seikei University, National Institute of Population and Social Security Policy, Day Service Center of Raku, Institute for Health Economics and Policy and ILC Japan. Through interviews with experts, questionnaires and case discussions, this delegation investigates the method of financing and organization of elderly care in the Netherlands, Denmark, Germany and England.

Furthermore, Marieke van der Waal held workshops on dementia and on extending your working life at the World conference of the International Association of Gerontology and Geriatrics in San Francisco. Afterwards ILC Global Alliance organized their annual meeting.



### *Management team*

- Prof. dr. J. Slaets, president
- Ir. M.C. van Veen, treasurer
- Ir. M.A.E. van der Waal, director
- Y.J. Koemans, communication
- E. Plasmeijer, secretary

### **Activities**

#### *Innovations in housing and care schemes*

##### StadsdorpZuid

The Netherlands has an excellent long-term care system, but it is also one of the most expensive systems compared to other OECD countries (3.7% of GDP). The system is no longer sustainable: older people need to do more themselves, with or without the help of informal care givers and volunteers. 'StadsdorpZuid' is an initiative that aims for senior citizens to live at their own home, in an active, healthy and safe manor. They provide members with information on care and on services offered (such as craftsmen, handymen, restaurants etc.) and they organise several activities. The membership (over 400) and interest from likewise initiatives in and outside Amsterdam is continuously growing. Hence, funds were found to set up a national helpdesk for advice and support, which became operational in March 2017.

##### MOOC Healthy Ageing in 6 steps

In December 2016 the course 'Healthy Ageing in 6 Steps; Let your environment do the work' was released on the online learning platform edX. The goal was to inform the public on healthy choices and adjustments in their lifestyle and environment to help live a healthier, happier and longer life. This course was co-developed by Leyden Academy and the universities of Delft and Copenhagen, and partly funded by the European Union. The ILC Global Alliance network successfully helped to promote the course, which attracted almost 9.000 attendants in 2017.

#### *Labour, income and participation Berliner Demographic Forum*

On 15-17 February 2017 ILC-NL took part in a panel discussion on work, ageing and cognitive functioning. Main outcome is that the type of work defines the difference in ageing and cognitive functioning. ILC-NL used the Share dataset that also contains data from the Netherlands.

##### Retirement readiness

What is the nature and content of the choices of employees in the current and planned collective institutional facilities from paid work to retirement? This question was leading in a Dutch report with views of employees, employers and professors, which was published in October 2016. Interviews led to more knowledge on the choices employees and employers have in decision-making concerning early, normal or late retirement. The information can be used for reshaping the Dutch three pillar pension scheme. In 2017 a scientific thesis based on this dataset was defended by Bert Breij, in which he received his PhD degree.

### **Contact information**

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